



*Protecting our land, air and water  
to preserve our way of life in harmony with all species.*

## Our Earth, Our Home ... Let's Protect It by Changing Simple Habits “Turn Down the Thermostat!” in January

At Environmental Protection & Natural Resources, EPNR, we are making Earth Day last all year long. To celebrate, we have added an eagle soaring over Red Mountain to our logo. The eagle symbolizes that we share a fragile and vulnerable habitat with the Desert Nesting Bald Eagle, an environment that is constantly being impacted. Like the eagle, however, we can rise above this challenge and do our part to help protect our home.

Because protecting the environment is everyone's responsibility, we've launched a Clean & Green Campaign to celebrate Earth Year. Every month, in this column, we are showing you how you can change one habit that can make a real and positive eco-friendly difference for our land, our air and our water. At the end of the 12 months, you will have adopted 12 new habits to help protect your home and the environment.

During the month of January, we urge you to **Turn Down the Thermostat** by following these simple steps:

### Make it a habit to turn down the thermostat!

- Lower the thermostat in your home during the winter months and dress warmer. Set your thermostat to 68 degrees or less during the daytime, and 55 degrees before going to sleep. During the summer, set thermostats to 78 degrees or more.
- Tune up your HVAC equipment yearly. An annual tune-up of your heating and cooling system can improve efficiency and comfort.
- Use sunlight wisely. During the winter season, leave shades and blinds open on sunny days, but close them at night to reduce the amount of heat lost through windows. Close shades and blinds during the summer or when the air conditioner is in use.
- Install a programmable thermostat that adjusts according to your daily schedule. By having the temperature in your house automatically regulated, you can save money on utility bills. Through proper use of pre-programmed settings, a programmable thermostat can save you about \$180 every year in energy costs.
- Change the air filter regularly. Do the simple maintenance needed to keep your heating and air-conditioning systems running efficiently.
- Seal your heating and cooling ducts. Ducts that move air to-and-from a forced air furnace, central air conditioner, or heat pump are often big energy wasters. Sealing and insulating ducts can improve the efficiency of your heating and cooling system by as much as 20 percent — and sometimes much more.

### Why is it important to Turn Down the Thermostat?

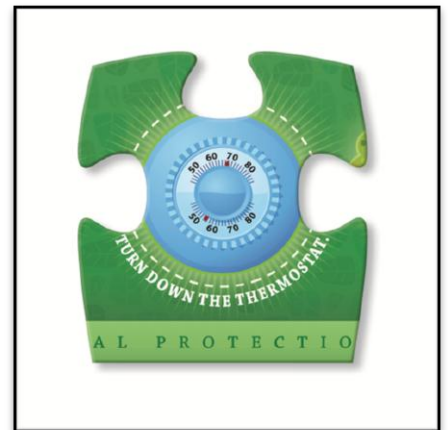
**FACT:** According to the US Department of Energy, heating and cooling are the number one source of energy use in office buildings.

**FACT:** Heating and cooling systems use more than half of the energy consumed in American homes. (US Department of Energy)

**FACT:** Typically, 42% of the average family's utility bills goes to keeping homes at a comfortable temperature. (US Department of Energy)

**FACT:** The average U.S. family spends almost \$1,500 per year on utility bills. (US Department of Energy)

**FACT:** A one degree Celsius reduction in the heat level can cut heating costs by 10%. (US Department of Energy)



To know more about the Clean & Green Campaign or to be part of the Healthy Habits Team, contact the EPNR Hotline at 480-362-7500 or by email [EPNR@SRPMIC-nsn.gov](mailto:EPNR@SRPMIC-nsn.gov)